



Let's Move

Stay Active and Have Fun

Goal: Take advantage of the many opportunities for movement throughout the day.

[Tip]: Go for a walk or bike ride, start a stretching routine, or play tag or soccer as a family. Focus on having fun while being active!

Why is this important? Finding creative ways to stay active is important for health and wellness.

Click [here](#) for a video tip!

References: Mailey, E. L., Dlugonski, D., Hsu, W.-W., & Segar, M. (2018). Goals Matter: Exercising for Well-Being But Not Health or Appearance Predicts Future Exercise Among Parents. *Journal of Physical Activity & Health*, 15(11), 857–865. Retrieved from <http://search.ebscohost.com.uwinnipeg.idm.oclc.org/login.aspx?direct=true&db=s3h&AN=134277000>



Enjoy The Simple Things

Take a Relaxing Walk

Goal: Head outside for a mindful walk and focus on how your body feels, taking note of your surroundings.

[Tip]: While walking, pay attention to your breath and the movements of your body. Notice the sights and sounds around you.

Why is this important? A mindful walk is an inexpensive and easy way to unwind.

References: Popkin, B. M., D'Anci, K. E., & Rosenberg, I. H. (2010). Water, hydration, and health. *Nutrition Reviews*, 68(8), 439–58. <https://doi.org/10.1111/j.1753-4887.2010.00304.x>

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Create Your Own Hopscotch!

Get Creative!

Goal: Draw a hopscotch game and have fun hopping!

[Tip]: Try playing with a friend and designing your own paths and rules. Invent your own chants to sing during the game.

Why is this important? Hopscotch improves physical and mental health and fosters the development of social skills.

References: Mikkelsen, K., Stojanovska, L., Polenakovic, M., Bosevski, M., & Apostolopoulos, V. (2017). Exercise and mental health. *Maturitas*, 106, 48–56. <https://doi.org/10.1016/j.maturitas.2017.09.003>

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Camping at Home

Create Your Own Camp!

Goal: Have an adventure by camping in your living room or backyard!

[Tip]: Hang sheets for a makeshift shelter, eat camping food, and set up a pretend campfire.

Why is this important? Camping at home is good for the mind, body, and spirit, and is an affordable way to have fun.

References: Morrow, R., Rodriguez, A., & King, N. (2017). Back to basics: Can unstructured camping promote wellbeing? *Therapeutic Communities*, 38(1), 49-56. <https://doi.org/10.1108/TC-08-2016-0016>